

SURVIVORS OF SUICIDE SUPPORT GROUP

Sponsored by the Patrick M. D'Aliso Foundation

HAVE YOU LOST A LOVED ONE TO SUICIDE?

JOIN US EVERY SECOND TUESDAY OF THE MONTH AT 7:00PM

FIRST PRESBYTERIAN CHURCH OF CHESTER

94-96 MAIN STREET

CHESTER, NY

If you have any questions, please contact Ann Marie D'Aliso 845-325-6448

Warning Signs

About 8 out of 10 people who consider suicide signal their intentions in some way.

Some Common Red Flags

- Verbal threats such as "You'd be better off without me" or "Maybe I won't be around"
- Personality or behavioral changes
- Depression.
- Giving away prized possessions
- Lack of interest in future plans

What Can You Do?

- Trust your instincts that the person may be in trouble
- Talk with the person; don't be judgmental
- Get professional help; don't counsel the person yourself
- Don't swear to secrecy
- Don't leave the person alone

CALL SOMEONE

National Hopeline Network: 1-800-SUICIDE (784-2433)

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

*Source: National Mental Health Association

In Crisis, Call:

1-800-SUICIDE

-OR-

1-800-273-TALK